

ANNE HÉLÈNE,
JAMIE & SINIVA
STP@toiohomai.ac.nz
07 346 8858

TOI-OHOMAI

Institute of Technology

SPORT, FITNESS & TOURISM

If you're passionate about helping others improve their physical, social and mental wellbeing, choose an exciting career in one of New Zealand's fastest growing industries. The sport and leisure industry offers many exciting career opportunities, with businesses looking for skilled, talented and qualified employees to meet their customers' needs.

LEADERSHIP SKILLS IN SPORT & OUTDOOR RECREATION, LEVEL 3

If you have a passion for helping others and want to work in an industry that contributes to the wellbeing of your community, this course will be your first step. Students will explore sport and outdoor recreational activities. Students will gain experience in rock climbing, kayaking, rafting and sport coaching sessions. They will demonstrate personal and social development through participation in sport and outdoor recreational experiences.

Course delivery: Terms 1-3, 1 day per week, ROT

UNIT STD	LEADERSHIP SKILLS IN SPORT & OUTDOOR RECREATION	LEVEL	CREDITS
29849	Demonstrate knowledge of professional practice in a recreation workplace		5
21414	Plan and run a recreation activity		4
30935	Develop and implement an exercise plan for personal physical fitness		5
24663	Demonstrate leadership while participating in an adventure-based learning programme		3
TOTAL CREDIT VALUE		3	22

COURSES PATHWAY TO FURTHER STUDY IN:

Cert4Fitness (Level 4), NZ Certificate in Outdoor Education (Level 4) Therapeutic and Sports Massage (Level 5), NZ Diploma in Sport, Recreation and Exercise (Level 5), a pathway to Bachelor Degree.

TYPES OF EMPLOYMENT THESE COURSES LEAD TO:

Exercise consultant, community exercise instructor, personal trainer, outdoor education instructor, event supervisor, health educator, recreation programme coordinator, sport development officer, sport coordinator, sport coach, applied sports scientist.

